

Summer is a great time..... to shape up.



And walking is one of the best ways to get fit. Maybe because it's easy for so many people who are turned off by complicated exercise programs.

Walking is simple!

Maybe because it doesn't require expensive equipment; all you need is a well-fitted pair of walking shoes and someplace to go.

Walking is all-weather!

And maybe because people get results from walking when other fads have let them down. The young, the old, and people who have never exercised can experience success walking. Whether for weight loss, overall fitness or toning, walking has many benefits to offer.

Walking works!

Maybe that's why walking is one of the most popular exercises in the United States today! That's right – walking is more popular than fishing, weight lifting and even basketball (source: The Sporting Goods Manufacturers Association).

Step Out Hunterdon...Strides to Better Health is an exciting health enhancement program designed especially to increase physical activity through walking. The program is for people of all ages who know they should exercise more – but who think they don't have the time.

Participants in the six-month program wear pedometers to measure the number of steps they take every day. It's that simple! The daily goal for **Step Out Hunterdon....** participants is 10,000 steps (about 5 miles) a day but *the sky's the limit!*

Many participants find that wearing a pedometer makes them want to challenge themselves – and their friends, spouses and coworkers – to walk more. Increasing physical activity has so many benefits we can't list them all here, but we can tell you that regular exercise promotes better sleep, lowers blood pressure, decreases appetite and – best of all – encourages more exercise.

Special awareness events, monthly postcard mailings and encouragement from other participants are the tools you'll have to succeed in **Step Out Hunterdon....**

The program costs just \$14, so if you're ready to step out and feel better, call today to register.

Call 908.788.6413. We promise you'll enjoy the challenge!

